



Serving Sutter and Yuba Counties

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**For immediate release
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AIR QUALITY ADVISORY

Air Quality in Yuba and Sutter counties remains unhealthy due to smoke from the numerous fires in the area. Yesterday's poor air quality reached its highest level late afternoon. Today's air quality promises more of the same with early indications that by late morning, the air quality will again reach unhealthy levels. Feather River Air Quality Management District is issuing an Air Quality Advisory to notify the public of unhealthy air quality in Yuba and Sutter Counties.

Scientific studies have linked the fine particles associated with smoke with a variety of significant health problems. Sensitive people should consider limiting prolonged outdoor exertions. While all persons may experience varying degrees of symptoms, the more sensitive individuals are at greatest risk to experience more aggravated symptoms which may include, but are not limited to coughing, scratchy throat, watery and itchy eyes, and difficulty breathing.

If you smell smoke, or see smoke around you, consider restricting your outside activities. Until the present conditions improve, individuals should consider taking the following actions:

- Healthy people should delay strenuous exercise, particularly when they can smell smoke.
- Children and elderly people should consider avoiding outdoor activities, particularly prolonged outdoor exertion.
- People with health-related illnesses, particularly respiratory problems, should remain indoors.
- Using paper mask filters, which are not capable of filtering extra-fine smoke particles, and which restrict airflow, is not recommended.
- Stay inside with doors and windows shut. Use the recycle or re-circulate mode on the air conditioner in your home or car. Avoid cooking and vacuuming, which can increase pollutants indoors.
- Asthmatics should follow their asthma management plan.
- Contact your doctor if you have symptoms such as chest pain, chest tightness, shortness of breath, or severe fatigue. This is important for not only people with chronic lung or heart disease, but also for individuals who have not been previously diagnosed with such illnesses. Smoke can "unmask" or produce symptoms of such diseases.
- Keep airways moist by drinking lots of water. Breathing through a warm, wet washcloth can also help relieve dryness.

In addition, all open burning is prohibited during this period.

For further information, contact the Feather River Air Quality Management District at (530) 634-7659.